



National Nutrient Database for Standard Reference  
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## Statistics Report 09173, Longans, dried

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	17.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	286	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	1197	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	4.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	3.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	74.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
<strong>Minerals</strong>													
Calcium, Ca	mg	45	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	5.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	46	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	196	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	658	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	48	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.807	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	28.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	1.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Lipids</b>													
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.097	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.202	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.172	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.585	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.469	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.780	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine	g	0.158	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1982
Proline	g	0.158	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1982
Serine	g	0.180	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1982